



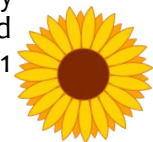
COMPASSION, POWER, RESPECT

artemis place

SECONDARY SCHOOL

Summer 2017 Newsletter

Artemis Place Society
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Childcare Program Updates, by Daycare Staff

It's hard to believe it's June already – the school year is coming to an end and summer is on its way. We have been happy to have some warm days where the toddlers have been able to play in the water – they love to hold their hands and buckets under the faucet in the sand box watching the splashes and puddles that they create. Over the year, there have been many friendships made amongst the moms, children and caregivers. We hope those bonds continue and grow as families move on to other programs and schools – we have seen some of these connections last a very long time. This has also been a time to explore the community with walks in the neighbourhood and a field trip to the library for circle time. We're all looking forward to our annual trip to Beacon Hill to visit the petting zoo and have a picnic in the park.

We would also like to share the news that one of our longtime Early Childhood Educators, Jackie Hurst who has been a cornerstone of our Young Parent Program since its inception 28 years ago is retiring. Jackie has given her heart, her skills, her music and her wisdom to the program and to all the young families that have passed through our doors. We're sending her off with love and well wishes as she embarks on her new journey with the time to do all the things she wants to do...when she wants to do them. We'll miss you Jackie!!



Drama Representation, by Kim (Educator)

Over the past several weeks, drama students have been hard at work on their final drama production. For this term's project, students have elected to create a devised theatre piece; meaning they choose a theme relevant to their lives and create scenes and scenarios reflective of their own experience. Though a heavy topic, as young folks living in a patriarchal society, the students chose to address the theme of sexism. "Just Another Day" takes the audience on a journey through real-life experiences our students face daily in their on-going struggles and resistance against sexism.



Coconut Chickpea Curry

This gluten free, vegan curry is a favourite at Artemis Place. Our talented daycare staff have made this several times for community lunch and it's always well received.

INGREDIENTS:

- 2 tbsp. oil
- 2 medium onions, diced
- 14 oz. (400g) fresh tomatoes diced or drained, canned tomatoes
- 16 oz. (454g) can chickpeas, drained
- 3 garlic cloves, minced
- 1 1/2 tbsp. garam masala
- 1 tsp. curry powder
- 1/4 tsp. cumin
- 13.5 oz. (383g) can coconut milk
- 2 tsp. coconut flour
- 1 small lime, juiced

INSTRUCTIONS:

In a deep pot over medium heat, add the coconut oil, onions, tomatoes, salt pepper and stir together. Lower heat to medium and allow to cook down until juices of the tomatoes are naturally released and onions are soft, about 10 minutes. Add coconut milk and stir again, adding coconut flour to thicken curry. Bring to a boil, then reduce to medium-low so the mixture continues to simmer for 10 minutes. Taste and season with salt and pepper if needed. Remove from heat and stir in lime juice. Cool slightly and serve.



Photo credit <http://jessicainthekitchen.com/coconut-chickpea-curry-recipe/>

Gardening at Artemis Place, by Emily (Educator)

The Artemis Place garden is now in full swing! With the help of Matthew from Lifecycles, we have been planting, building, weeding, and eating organic food. The students have grown most of the food from seeds that were carefully tended indoors before being planted when the weather was just right. We have also planted a butterfly garden with help from a volunteer with David Suzuki's Butterflyway Project, filled with native plants and wildflowers to support the lifecycle of beneficial pollinators. The students and staff are looking forward to eating all of the yummy food our garden has to offer in the summer and fall!



Youth Art Show, by Maria (Educator)

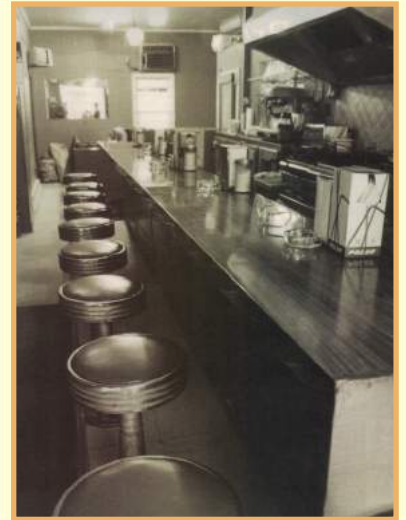
We are grateful to have received another AIC Art Starts grant this year; because of the funding, we were once again able to utilize the skills and expertise of Farheen Haq to be our artist in residence. She taught our students valuable art skills while integrating their reflections and insights into the produced works. Ten students demonstrated their creativity and knowledge by participating in the Youth Art Show at the Cedar Hill Centre for the Arts. Artemis Place had its own art opening, we invited friends and family to the viewing, and provided some viewing and social opportunities as well as refreshments. Our students were both



proud, and grateful to have had this opportunity to learn, and shine.

Artemis Place Strategic Planning

This Spring, Artemis Place brought staff and board members together to participate in a full day of strategic planning to guide our work over the next three years. The day was spent at the beautiful Horticultural Centre of the Pacific and included a delicious catered lunch from Mosi Bakery. Claire Rettie of Borealis Consulting facilitated the session in her heart-centered and comprehensive approach to planning. Time was spent connecting to each other, our values and priorities for the Society. Although many priorities were identified, three priorities became what captured the rest and were: having a stable facility, program design and development, and staff well-being and professional development. Ongoing work and intentional planning will aim to continue the positive intentions that the team articulated during the day. One of the activities that the team did was to visually represent Artemis through selecting an image and articulating how it represented the work we do. Through this creative lens, each person thoughtfully shared a summarizing statement. An example: an open place where you come in, sit where you want, choose from a menu, and know that we'll nourish you (accompanying image):



Support Artemis Place

Would you like to support our programming? Below are a few ways you can help out!

1. Pick up a Thrifty Foods Smile Card from Artemis Place and a portion loaded onto the card is donated to Artemis Place.
2. Use the Artemis Place Co-Op membership number when filling up with gas: the number is 72736
3. Contribute monthly by Pre-Authorized Debit (PAD) on the fifteenth of each month

Contact info@artemisplace.org to set up (PAD) or to have a Thrifty Fundraising card sent by mail. Your generous support allows Artemis Place to continue offering enriched and nurturing programming to our students, and their babies and toddlers.

For more information about Artemis programs or articles in our newsletter, please call (250) 598-5183 or email info@artemisplace.org.



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